

# LEARNING IS CONNECTED TO REAL LIFE

## Balanced, Integrated Learning with Relevance to Students' Lives

A balanced and integrated Health and Physical Education program helps children and youth think critically about their physical, social and emotional needs. The skills and strategies they learn will help them participate in and promote healthy, active living now and throughout their lives.



This poster is the sixth in a series of six posters illustrating the Fundamental Principles in Health and Physical Education. To access the posters, please visit [TeachingTools.ophea.net/AllAboutHPE](https://TeachingTools.ophea.net/AllAboutHPE).